



☀ Practical Guide to Cilento

If you plan to take advantage of your trip to our wedding to visit Cilento, the area where is Vallo della Lucania in Italy, here are our suggestions ♥

🚗 Transport Tips

Please remember that taxis or busses work very bad in Cilento. We suggest you rent a car.

📌 What to Do in Cilento

🏛 Architecture, History and Culture

- **Paestum (≈45 mins by car from Vallo della Lucania):** Walk among three of the best-preserved Greek temples in the world and visit the excellent museum (famous for the Tomb of the Diver). It's about a 45-minute drive from Vallo della Lucania. A guided tour of Paestum lasts around two hours, and you can book here: <https://www.paestumtickets.com/about-archaeological-park-of-paestum/>

🌿 Nature, Leisure and Outdoor Activities

- **Oasi Fiume Alento (≈30 minutes by car from Vallo della Lucania):** A well-equipped nature park with trails, picnic areas with barbecues, lake kayaking, bikes/golf carts, birdwatching, and guided tours (including the dam). Check hours and book on the official website here: https://www.oasialento.it/oasi_alento_cilento.html
- **Marina di Ascea (≈30 minutes by car from Vallo della Lucania):** Wide, sandy beach with gentle entry, good for families and easy swims.
- **Spiaggia Grande di Acciaroli (≈45 minutes by car from Vallo della Lucania):** A pretty fishing village with a tidy marina and long Blue-Flag beaches. Stop in Acciaroli for sunset and a seafood dinner if you can. We also suggest trying the ice cream at Bar Pasticceria Meeting in Acciaroli, it's delicious!
- **Palinuro boat trips (≈45 minutes by car from Vallo della Lucania):** Coastal boat trips. You can book here: cilentocoastcompany.com
- **Baia del Buondormire, Marinella Beach (≈45 minutes by car from Vallo della Lucania):** beautiful beach



- **Monte Gelbison – Sacro Monte (above Novi Velia ≈30 by car from Vallo della Lucania + walk):** A hilltop sanctuary with sweeping views over the Cilento. You can park your car very close to the top. Then you have to walk about 15 minutes to reach the summit, and then another 15 minutes to return to the car. However, we recommend not going too late in the evening, otherwise you won't be able to see the view properly.
- **Oasi WWF Grotte del Bussento (≈1 hour by car from Vallo della Lucania):** A river vanishes into a limestone gorge and re-emerges in a lush, protected valley, think caves, waterfalls, and shaded footpaths.